EO C121.04 – RECOGNIZE THE EFFECTS OF COLD WEATHER

1. **Performance:** Recognize the Effects of Cold Weather
2. **Conditions:**
   a. Given:
      (1) Supervision, and
      (2) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall recognize the signs and symptoms of frostbite and hypothermia.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Discuss the facts about injuries that occur in cold weather, to include: a. bleeding, b. shock, and c. serious injuries.	Interactive Lecture	10 min	A2-010
TP2	Identify cold weather injuries, to include: a. snow blindness, and b. immersion foot.	Interactive Lecture	10 min	A2-010
TP3	Explain frostbite, to include: a. signs and symptoms of categories of frostbite, to include: 1. surface, and 2. deep, b. prevention, and c. treatment.	Interactive Lecture	10 min	C2-023 C2-030
TP4	Explain hypothermia and the various stages thereof, to include: a. signs and symptoms of categories of hypothermia, to include: 1. mild exposure, 2. moderate exposure, and 3. severe exposure; b. prevention, and c. treatment.	Interactive Lecture	10 min	C2-023 C2-030

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TP	Description	Method	Time	Refs
TP5	Discuss body cleanliness in the winter, to include: a. face and hands; b. shaving; c. teeth; d. changing clothes; and e. foot care.	Interactive Lecture	10 min	A2-010 (pp. 7-17 - 7-19) C2-009

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	50 min
c.	Total:	60 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to the effects of cold weather.

7. **References:**

   a. A2-010 B-GG-302-002/FP-001 FMC. (1982). *Basic cold weather training, arctic and sub arctic operations* (Vol. 2). Ottawa, ON: The Department of National Defence.

   b. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

   c. C2-023 0-8117-2864-1 Schimelpfenig, T. (2000). *National outdoor leadership school wilderness first aid* (3rd ed.). Mechanicsburg, PA: Stackpole Books.

   d. C2-030 0-7710-8250-9 Merry, W. (1994). *St. John Ambulance: The official first aid guide*. Toronto ON: McClelland & Stewart Inc.

8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

   a. This period may be conducted as a stand alone lesson or as pre-training to EO C121.05 (Participate in Cold Weather Training).

   b. This lesson is best delivered under the supervision of a cold weather instructor.

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